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ABSTRACT

This book discusses the first order principles (FOPs) of college teaching and their role as the easiest route to working happily and successfully in the classroom. Part 1 lists the 10 principles: (1) moderate classroom incivilities with prosocial immediacies; (2) wait actively for the fruits of one's teaching efforts; (3) begin before feeling ready; (4) work and teach in brief, regular sessions; (5) stop a lesson in a timely fashion; (6) moderate overattachment to content and overreaction to criticism; (7) moderate negative thinking and strong emotions; (8) let others do some of the work, (9) welcome learning and change; and (10) build resilience by limiting wasted efforts. Part 1 also summarizes research showing that FOPs work. Part 2 discusses metacognitions about FOPs for teaching. This section focuses on recognizing society's real objections to efficient teaching; the key elements of efficiency; and mastering efficiency. Some sectons contain references. Contains 59 references. (CK)

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